

HUSKIES GIRL POWER



GRADES 7 - 9

SUMMER STRENGTH & CONDITIONING

2016

MONDAY/WEDNESDAY/FRIDAY

11:00-12:15/8:15-9:30 AM /11:00-12:15

JUNE 13th	SUMMER PRE- TESTING	1:30 PM (Grades 7-9) OHS WRESTLING/WT.ROOMS	
JUNE 15th	1 ST DAY OF TRAINING	8:15 AM	OHS
JULY 4 – JULY 8	MSHSL BLACK-OUT DATE	NO TRAINING!!	
JULY 11	RESUME TRAINING	11:00 AM	OHS
JULY 28	POST TEST (7-9)	10:30AM-??? PM	WT. RM
JULY 29	POST TEST (10-12)	10:00- ??? PM	WT.RM

❖ IF UNABLE TO ATTEND YOUR DESIGNATED TESTING SESSION PLEASE ATTEND THE OTHER ONE. NO MAKE-UP DATE OFFERED!!

NOTES: We will be performing various tests on Mon. June 13th. If you are unable to attend there will not be a make-up session available. Test data collected for you to see if you have made improvements over the summer. There is no need to inform me if you are unable to make a session(s), (ex. ill, vacation, etc.) attendance will not be taken. The first 20-30 minutes of each workout will be focused on flexibility, balance, foot speed/quickness, change of direction, core stability and explosion; the following 45+ minutes will be developing Strength/Endurance through various lifts and exercises in the weight room. Developing proper lifting technique will be emphasized. Session limited to the first 50 registrants. DEADLINE: May 20th 2016

REGISTRATION FORM – HUSKIES GIRL POWER

Athlete's name: _____ Grade fall of 16' _____ Address _____

Women's t-Shirt size: _____ Emergency # _____ Parent/Guardian name: _____

Make \$75.00 check payable to Jerry Eggermont and return with registration form to: 1115 Esther Lane Owatonna MN 55060 or drop of at OHS Wt. Rm.

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against Jerry Eggermont and the Owatonna Public Schools, their representatives, successors, and assigns for any and all injuries suffered by me or my child while a participant or spectator at the activity indicated above.

Signature of parent/guardian

Date